

HOME SPA QUICK AND EASY

A HANDBOOK OF EASY USE OF COSMETIC PRODUCTS | ADVICE AND HINTS FOR PROPER USE

Face and décolletage mask (Carlsbad Mud, Carlsbad Thermal Mud, Massage Mud)



1. Apply the mask evenly on the face (avoid eyes and their vicinity) and on the décolletage. | 2. Leave it getting dry for about 15 minutes. | 3. Moisten the mask and perform a short massage; the mask has a peeling effect. | 4. Remove the mask from the face and décolletage using warm water.

Quick WELLNESS packs (Carlsbad Mud, Carlsbad Thermal Mud, Massage Mud)



1. Apply the chosen mud product on a well-warmed up and moistened body. | 2. Let the pack have its effect for about 10 minutes. | 3. Moisten the pack and perform a gentle massage applying circular movements. | 4. Remove the pack from the body using warm water.

Mud Bath – revitalising, cleansing, regenerative (Carlsbad Mud, Carlsbad Thermal Mud)



1. Put 150 ml of the mud product into a bathtub of warm water, and mix well with your hand. | 2. Lie down into the bathtub and let the wholesome ingredients have their effect on the body for about 15-20 minutes. | 3. Let the bath out of the bathtub (clean and shower the bathtub), have a shower and dry your skin.

Local warming packs – revitalising, cleansing, regenerative (Carlsbad Mud, Carlsbad Thermal Mud)



1. Warm the needed amount of chosen mud product up in a water bath to a temperature of app. 41°C. | 2. Have some cling film, a towel (or a blanket) ready. | 3. Apply a 4-5 cm layer of the mud product on the foil and place the mud on the required spot (on muscles, joints, or the whole limb). | 4. Cover the spot on which mud product in the film has been applied with a towel (or a blanket), and let it have its effect for 15-20 minutes. | 5. Remove the pack from the body and wash the treated part of the body using warm water.

Peeling massage – highly nourishing and regenerative (Peeling Mud)



1. Apply the peeling product on moistened skin and spread it evenly. | 2. Perform a gentle skin massage applying circular movements. | 3. Wash the peeling off the skin using warm water. | 4. To increase the regenerative effect, we recommend the application of a mud product after the peeling.

Relaxing and refreshing bath (Bath Salt, Carlsbad Herbal Tincture)



1. Mix 50 ml of the Bath Salt into a bathtub of warm water, and add 5 ml of Carlsbad Herbal Tincture (the two products are combined to achieve a better effect). | 2. Lie down into the bathtub and let the wholesome ingredients have their effect on the body for about 15-20 minutes. | 3. Let the bath out of the bathtub (clean and shower the bathtub), have a shower and dry your skin.

Cleaning plague and stains off the tooth enamel (Powder Toothpaste)



1. Moisten the toothbrush bristles; apply toothpaste on the bristles. | 2. Clean the tooth enamel thoroughly. | 3. Rinse your mouth with water. | 4. Apply not more than 2-3 times a week.

Quick skin massage on strained muscles (Massage Mud, Carlsbad Herbal Tincture)



1. Apply an appropriate amount of the product on the sensitive spot, and massage it gently into the skin. | 2. To increase the effect after the massage, warm the treated spot up for 15-20 minutes (cover the spot with a towel or wrap in a blanket).

Natural antimicrobial (Colloidal Silver)



1. Apply the product on the affected area (use a dropper, cotton pad or a cotton stick). | 2. Let the product evaporate on the affected spot.

HOME SPA QUICK AND EASY

A HANDBOOK OF EASY USE OF COSMETIC PRODUCTS | ADVICE AND HINTS FOR PROPER USE

Carlsbad Mud



For: For sensitive, problematic and acneic complexion, acne scarred complexion, complexion with pigmented spots, reddish spots, and psoriasis skin symptoms. ||| **Treats:** Smoothens, brightens and lightens the complexion, scars and pigmented spots, makes skin pores smaller, reduces psoriasis skin symptoms, removes excessive skin oil, has strong antibacterial effect. Warms up and contributes to regeneration in the place of application.

Carlsbad Thermal Mud



For: For normal and mixed skin types prone to acne, with large pores, acne scarred, with pigmented spots. ||| **Treats:** Smoothens, brightens and lightens the complexion, scars and pigmented spots, makes skin pores smaller, removes excessive skin oil, cleans the pores and provides the sense of freshness thanks to spruce needle essential oil. Warms up and contributes to regeneration in the place of application.

Massage Mud



For: Normal to dry skin, aged skin with pigmented spots. ||| **Treats:** Revitalizes and nourishes the skin, contributes to skin-cell renewal, cleans the pores effectively and provides the sense of freshness thanks to spruce needle essential oil, Smoothens, brightens and lightens the complexion, scars and pigmented spots. Used warm and in a thicker layer, it contributes to the regeneration of the musculoskeletal system.

Peeling Mud



For: All skin types. ||| **Treats:** By the renewal of skin cells, removes dead skin particles, blood circulation is promoted during the massage; with antibacterial effect, accelerates the regeneration and nourishes the skin intensively.

Carlsbad Herbal Tincture



For: All skin types, for sportspeople, for physical strain, for people suffering from extreme musculoskeletal strain. ||| **Treats:** Freshens the skin and contributes to regeneration. Suitable for baths and for relaxation.

Bath Salt



For: All skin types. ||| **Treats:** By the relaxation of the organism.

Powder Toothpaste



For: Smokers, tea and coffee lovers. ||| **Treats:** When used for cleaning plaque and stains off the tooth enamel.

Colloidal Silver



For: All skin types, sensitive, problematic and acneic complexion, complexion with reddish spots, after insect bites, mycosis prone complexion etc. ||| **Treats:** Highly effective against microbes. Promotes skin-cell renewal. For the treatment of significantly problematic skin, problems with nails and foot odour of sweating feet.



Karlovarské bahenní lázní spol. s r.o.
Sopeňná 58, 360 18 Karlovy Vary
eská republika | Czech Republic
www.provitalit.cz



KARLOVARSKÉ BAHENNÍ LÁZNÍ